

## How to get there

Howsham Weir

Map 100 Grid Reference SE732625

Nearest postcode YO60 7PW

Follow yellow slalom 'S' signs from A64 or A166.

Howsham Weir Slalom is located on the River Derwent near (but not in) the village of Howsham.

From A64 take the turning signposted 'Harton' and 'Howsham'. Drive through Harton and out the other side into open country. At the T-junction, turn right towards Howsham. About 500m further on you will see the stone bridge. Turn left into the gates of Howsham Hall just after the bridge.

From A166, follow signs for Buttercrambe, in Buttercrambe turn right towards Kirk Gates, proceed straight past Kirk Gates remaining on the main road for about another 2 miles and turn left at the staggered junction signposted Howsham. Head towards Howsham. Continue past the 'Howsham village only' sign for about 200m. Turn right into the gates of Howsham hall just before the stone bridge.

Yellow slalom S signs will mark entrance to the slalom site. Please follow these to reach the camp site and slalom course.

### Nearest Hospitals

York Hospital, Wigginton Road, York, YO31 8HE.

Tel: 01904 631 313

York NHS Walk-In, 31 Monkgate, York, YO31 7WA

Tel: 01904 725401

# Howsham Weir Slalom

## 24<sup>th</sup>/25<sup>th</sup> July 2010

## Division 2/3/Open Short Course Div 4

Brought to you by  
Lower Wharfe Canoe Club and Kingston Kayak Club

With special thanks to

Howsham Hall and Howsham Mill

“Canoeing and Kayaking are “Assumed risk” – “Water contact sports” that may carry attendant risks. Participants should be aware of and accept these risks, and be responsible for their own action and involvement”.

# Provisional Programme

The programme is provisional and will be amended each day after late entries have been received.

9.00 Official Practice  
10.30 Official practice finishes

11.00 Officials A  
11.20 Div 2 K1M  
11.45 Div 2 K1W  
12.10 Div 2 C1  
12.15 Div 2 C2  
12.20 Div 2/3 C1W  
12.25 Div 3 K1M  
12.35 Div 3 K1W  
12.45 Div 3 C1  
12.50 Open  
13.00 Officials B  
13.15 Div 4 Short Course

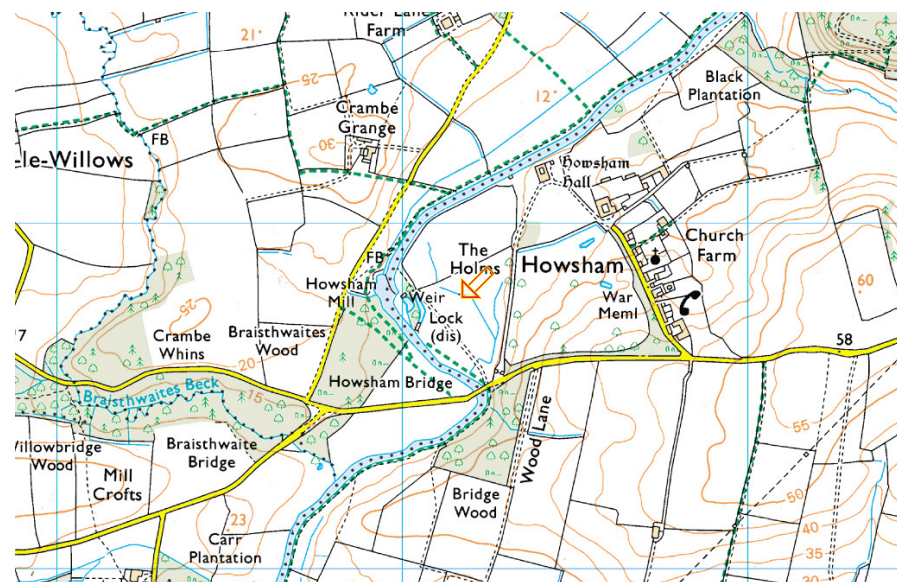
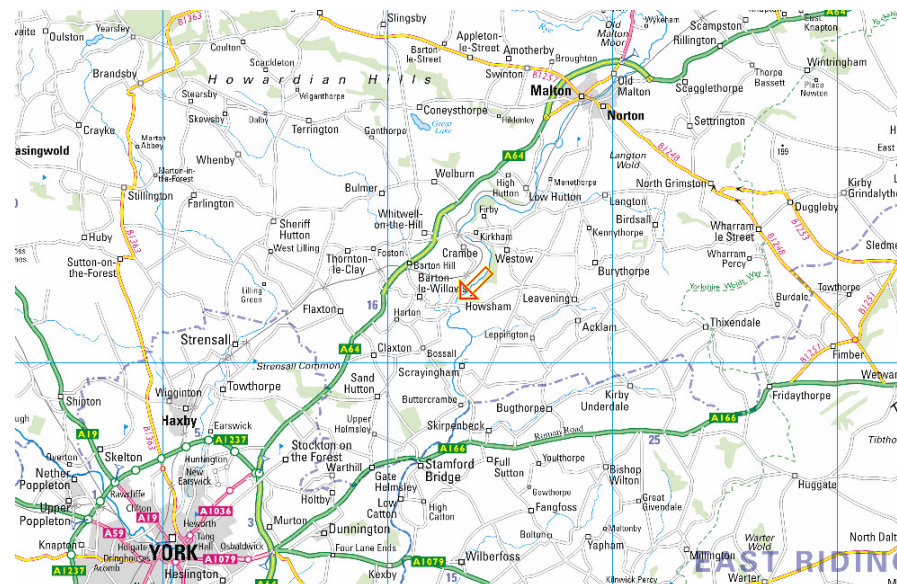
Lunch 13.30 - 14.00

14.00 Officials A  
14.20 Div 2 K1M  
14.45 Div 2 K1W  
15.10 Div 2 C1  
15.15 Div 2 C2  
15.20 Div 2/3 C1W  
15.25 Div 3 K1M  
15.35 Div 3 K1W  
15.45 Div 3C1  
15.50 Open  
15.00 Officials B  
15.15 Div 4 Short Course

16.15 Topo Duo Event Entry fee of £3 per person (Saturday Only)

17.0 Prize giving (Prize Giving on Sunday will be 16.15)

Late entries will be accepted until 10.00 on Saturday and Sunday - **Late entry fees will be charged**



## **The Site - Special Notice**

Much of the area is an area of special scientific interest. Please stay on the island to spectate and do not venture on to the far bank unless instructed to do so. Please observe the signage regarding any areas that are out of bounds and use the paths. Any damage caused could jeopardise future events.

Only use the designated entry and exit points when entering/leaving the water.

Only leave boats, paddles and kit in the designated areas.

## **Etiquette and Safety**

Please remember that two boats must remain on the water below the finish at all times. When you complete your run do not get off until you have been replaced.

If a judge blows a whistle during your run it means that you have been caught up by the next paddler. Please make way for him or her. You may then continue when they have passed.

Please only get on and off the water in the designated places. Boats may only be left of the camp site or in the designated areas, please do not bring them on to the island area.

## **Use of Site & Liability**

Use of site is by permission from the owners of Howsham Hall and the trustees of Howsham Mill. All persons camping on the site do so at their own risk. No liability of any sort is accepted by Howsham Hall, Howsham Mill or the Canoe Clubs, before, during or after the slalom competition.

## **First Aid**

The first aid point and emergency phone are located in control.

## **Rubbish/Litter**

Please take your rubbish home with you as we have limited facilities to dispose of it. Please do not drop any litter around the site or in the river. Any littering caused could jeopardise future events.

## **Leptospirosis/Weil's Disease**

Leptospirosis is an animal infection caught by direct contact with the urine of an infected animal. This usually happens in water during periods of very low water level. Bacteria can enter through skin abrasions, the eyes, nose or mouth with an incubation period of two to twelve days. Usually a flu like illness occurs which resolves in two to three weeks (there may be fever, severe headaches, pains in the back and calf and prostration). In a very small number of cases this develops into a jaundice when the condition is known as Weil's Disease. Although death may occur in about 15% of jaundiced patients, death without jaundice is virtually unknown. If you think you may have the infection go to your doctor and tell him/her that there may be a risk of Leptospirosis.

To minimise risk of infection cover all cuts and abrasions with waterproof plasters and always wear footwear to avoid cutting feet. Where possible shower quickly after competing. If in doubt contact your doctor.

## **Dogs**

Please ensure any dogs brought on to the site are kept on a lead. Dog owners must clean up after their pet and take it home.

## Toilets

Portaloos are provided for use by all those attending or taking part in the slalom weekend.

## Changing Facilities

There are no changing or showering facilities at the slalom. Please be discreet when changing at all times.

## Food

There will be hot food available during the day. Hot and Cold drinks plus chocolate bars, cakes, sweets etc will be available.

## Water

PLEASE BRING A SUPPLY OF WATER. WATER WILL BE AVAILABLE ON SITE BUT AVAILABILITY WILL BE VERY LIMITED

## Photography

Anyone wishing to use a zoom lens at this event should make themselves known to the team in control.

## Camping/Parking

Camping Fee £3 per person per night  
Car Parking - without camping £2 per day  
No open fires. Barbeques must be kept off the ground.  
There is no electricity on site.

Please ensure you pay on arrival.

Please note there is a very tight turn into the camp site. Caravans may need to be man handled and motorhomes may need to reverse in.

## Training

The course will be open on Friday evening and early Saturday, Saturday evening and early Sunday for unofficial practice. Please arrange your own safety cover during these periods. There will be no cover outside of official competition times or during practice sessions.

## Top Duo Race

We will be holding a top duo fun race on Saturday. Please bring a top duo if you have one. Boats will be made available. A £3 per person race entry fee applies.

## Entry Fees

We will also be running a Division 4 short course event on both days. A £4 entry fee applies. Division 2/3/Open fees as per year book.

## Kit for Sale

Kit and boats for sale can be displayed on the camp site. Adverts may be placed near control. Please leave contact details for prospective purchasers to avoid unnecessary disturbance at control. The club does not accept any responsibility for items bought and sold at the event.

## Start Times and Results

Saturday	Start Time	Penalties	Total	Position
1 <sup>st</sup> Run				
2 <sup>nd</sup> Run				
Sunday				
1 <sup>st</sup> Run				
2 <sup>nd</sup> Run				